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Plötz, Gerhard

□□: OLV Potsdam

□□□: 1:04:46

□□□□: 14:57 min/km

□□: 4.33 km / 9 □□

□□□□:

Herren ab 65

□□□□□: 10(of 11)

□□□□□□□: 41:30

□□: 23:16

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□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (35)	4:33	6	0:57	26.4	4:33	6	0:57	26.4
2 (43)	9:55	9	3:43	60.0	14:28	9	4:31	45.4
3 (46)	4:35	8	0:45	19.6	19:03	9	5:01	35.8
4 (56)	8:28	10	3:01	55.4	27:31	9	7:26	37.0
5 (82)	11:57	9	4:56	70.3	39:28	10	12:07	44.3
6 (83)	2:31	9	0:43	39.8	41:59	10	12:38	43.0
7 (85)	5:50	9	1:29	34.1	47:49	10	13:40	40.0
8 (84)	10:36	10	7:56	297.5	58:25	10	21:19	57.5
9 (75)	5:04	10	1:56	61.7	1:03:29	10	22:53	56.4
□□	1:17	8	0:27	54.0	1:04:46	10	23:16	56.1